



INFO 10<sup>th</sup> Feb 2014

## **FitnessNRG T- SHIRTS ORDER**

FitnessNRG t-shirts are now available to order. If you would like to order one please place your order on board in gym. The sizes are true to size. You have the choice of a light sport fabric singlet, a cotton t-shirt or a cotton racer back top. You can purchase them for \$30 each or 2 for \$50.

## **BOOTCAMP**

The February Bootcamp has kicked off!! Fitness testing was completed on Wednesday. This test will be repeated in 7-8 weeks time. It is a great way to compare how much fitter and stronger your body becomes. Train hard and you will get results.

Thanks for your patience in regards to location changes. With the Total Fire Bans upon us recently, it has been necessary to change the training location occasionally. I will inform you via text message if this occurs.

## **TERM CLASSES**

It was great to see everyone back in the training room for the first term of 2014 . The feedback after the first one down indicated a few sore muscles last week. Particularly from the Powerbar classes. If you have had a break from Powerbar it is advisable to reduce the weight you were lifting at the end of last year by a kilo. Your body will be back in full swing after a couple of sessions and you should be able to resume where you left off..

## **BOOTCAMP TRIATHLON MARCH 1<sup>ST</sup> LYSTERFIELD LAKE**

Its on again !! These sessions are a way of challenging you and trying something different you may not get the opportunity to do. It also provides a fun morning with everyone supporting each other. It starts with a short swim, a bike ride and a run. You are timed for each category you enter. You don't have to do all three categories. You may choose two categories or jump into one only.

There will be a few different Race Day events throughout the year. All past Bootcamp troops will be invited to compete. The cost for anyone not in the current Bootcamp will be \$20. The Bootcamp troops don't need to pay as it is on the current schedule. .At the end of the year there will be the "Ultimate FitnessNRG Hero Award" for a male and a female.

## **BREAKFAST GREEN JUICE**

½ cup spinach leaves

½ cup pineapple OR watermelon

¾ cup unsweetened coconut water

½ banana

Mint leaves

5 ice cubes

½ small Lebanese cucumber, peeled

1) Blend all ingredients together and enjoy as a light, nutrient rich breakfast option.

## SUMMER GRILL: 9 EASY VEGGIES

### Asparagus

A cup of spears supplies 70 per cent of your daily need for vitamin K (vital for healthy bones) and 17 per cent of your daily need for folate, a B vitamin key for circulation.

**How to:** Brush with oil. Cook directly on the grill or a piece of foil. Or cut on the diagonal and toss in a grill wok

### Butternut Pumpkin

This tough-skinned pumpkin is loaded with carotenes that may ward off age-related diseases (including cancer) and protect muscles against damage because of heavy exercise.

**How to:** Slice and cook on a grill, or skewer and grill roast with potatoes for a carb-packed side dish.

### Corn

This summer staple supplies a wealth of carbs for restocking glycogen. It's also a source of an orange-red carotenoid called beta-cryptoxanthin, which may protect against lung and other cancers.

**How to:** Pull husk back and remove the "silk." Rewrap with husks and grill directly over the flames. Shuck and sprinkle the ears with Parmesan.

### Eggplant

With its dark purple skin, eggplant is rich in antioxidants, such as nasunin, which studies show may protect brain cells from inflammation.

**How to:** Cut into thick slices, brush with oil, and grill directly on the grates. Grill thinner Japanese varieties whole.

### Onions

Onions are a major source of quercetin, a phytonutrient shown to support immune health in runners, who are more susceptible to illness after heavy exercise.

**How to:** Chop into wedges, brush with oil, and cook directly on the grill. (Also, try grill-roasting a head of garlic – an onion relative – until soft, then spread on bread.)

### Capsicums

With their eye-catching colours, capsicums pack anti-inflammatory nutrients that offer protection to skin and immune cells. They take on a smoky flavour when grilled.

**How to:** Slice and grill directly over the flames. Add to sandwiches.

### Cos Lettuce

This lettuce's crisp, vitamin A-rich leaves hold up well to a hot grill. It's also a good source of vitamins C and K.

**How to:** Cut a whole head lengthwise into quarters, brush with oil, and grill until browned on all sides, turning every minute or two. Drizzle with vinaigrette.

### Squash

Yellow squash and zucchini contain potassium and vitamin C, which help improve heart health. They also contain fibre that supports healthy intestinal bacterial growth.

**How to:** Slice zucchini lengthwise and leave squash whole, brush with oil, and cook directly on the grill.

### Tomatoes

It's not summer without vine-ripe red tomatoes. These beauties are loaded with lycopene, an antioxidant that's a potent cancer fighter, especially in men with a family history of prostate cancer.

**How to:** Cut firm tomatoes in half, sprinkle with fresh herbs, and grill on a plank without turning.